



National Nutrient Database for Standard Reference  
Release 28 slightly revised May, 2016

**Full Report (All Nutrients) 09121, Grapefruit, sections, canned, light syrup pack, solids and liquids**

**Report Date: June 30, 2017 10:36 EDT**

Nutrient values and weights are for edible portion.

Food Group : Fruits and Fruit Juices

**Carbohydrate Factor: 3.71 Fat Factor: 8.37 Protein Factor:3.36 Nitrogen to Protein Conversion Factor:6.25**

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 254g
<b>Proximates</b>					
Water	g	83.59	14	0.210	212.32
Energy	kcal	60	--	--	152
Energy	kJ	251	--	--	638
Protein	g	0.56	14	0.020	1.42
Total lipid (fat)	g	0.10	14	0.000	0.25
Ash	g	0.31	14	0.007	0.79
Carbohydrate, by difference	g	15.44	--	--	39.22
Fiber, total dietary	g	0.4	--	--	1.0
Sugars, total	g	15.04	--	--	38.20
<b>Minerals</b>					
Calcium, Ca	mg	14	14	1.012	36
Iron, Fe	mg	0.40	14	0.030	1.02
Magnesium, Mg	mg	10	14	0.378	25
Phosphorus, P	mg	10	14	0.257	25
Potassium, K	mg	129	14	2.456	328
Sodium, Na	mg	2	14	0.194	5
Zinc, Zn	mg	0.08	14	0.003	0.20
Copper, Cu	mg	0.066	14	0.005	0.168
Manganese, Mn	mg	0.007	--	--	0.018
Selenium, Se	µg	0.9	--	--	2.3
<b>Vitamins</b>					
Vitamin C, total ascorbic acid	mg	21.3	14	0.549	54.1

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 254g
Thiamin	mg	0.038	14	0.001	0.097
Riboflavin	mg	0.020	14	0.000	0.051
Niacin	mg	0.243	14	0.014	0.617
Pantothenic acid	mg	0.120	--	--	0.305
Vitamin B-6	mg	0.020	--	--	0.051
Folate, total	µg	9	3	2.588	23
Folic acid	µg	0	--	--	0
Folate, food	µg	9	3	2.588	23
Folate, DFE	µg	9	--	--	23
Choline, total	mg	5.1	--	--	13.0
Vitamin B-12	µg	0.00	--	--	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	0	1	--	0
Retinol	µg	0	--	--	0
Carotene, beta	µg	0	--	--	0
Carotene, alpha	µg	0	--	--	0
Cryptoxanthin, beta	µg	0	--	--	0
Vitamin A, IU	IU	0	1	--	0
Lycopene	µg	0	--	--	0
Lutein + zeaxanthin	µg	0	--	--	0
Vitamin E (alpha-tocopherol)	mg	0.09	--	--	0.23
Vitamin E, added	mg	0.00	--	--	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0
Vitamin D	IU	0	--	--	0
Vitamin K (phylloquinone)	µg	0.0	--	--	0.0
<b>Lipids</b>					
Fatty acids, total saturated	g	0.014	--	--	0.036
4:0	g	0.000	--	--	0.000
6:0	g	0.000	--	--	0.000
8:0	g	0.000	--	--	0.000
10:0	g	0.000	--	--	0.000
12:0	g	0.000	--	--	0.000
14:0	g	0.000	--	--	0.000

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 254g
16:0	g	0.012	--	--	0.030
18:0	g	0.001	--	--	0.003
Fatty acids, total monounsaturated	g	0.013	--	--	0.033
16:1 undifferentiated	g	0.001	--	--	0.003
18:1 undifferentiated	g	0.012	--	--	0.030
20:1	g	0.000	--	--	0.000
22:1 undifferentiated	g	0.000	--	--	0.000
Fatty acids, total polyunsaturated	g	0.024	--	--	0.061
18:2 undifferentiated	g	0.019	--	--	0.048
18:3 undifferentiated	g	0.005	--	--	0.013
18:4	g	0.000	--	--	0.000
20:4 undifferentiated	g	0.000	--	--	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000
Fatty acids, total trans	g	0.000	--	--	0.000
Cholesterol	mg	0	--	--	0
<b>Amino Acids</b>					
Tryptophan <sup>1 2</sup>	g	0.006	--	--	0.015
Threonine <sup>1 2</sup>	g	0.010	--	--	0.025
Isoleucine <sup>1 2</sup>	g	0.006	--	--	0.015
Leucine <sup>1 2</sup>	g	0.011	--	--	0.028
Lysine <sup>1 2</sup>	g	0.014	--	--	0.036
Methionine <sup>1 2</sup>	g	0.005	--	--	0.013
Cystine <sup>1 2</sup>	g	0.006	--	--	0.015
Phenylalanine <sup>2</sup>	g	0.034	--	--	0.086
Tyrosine <sup>1 2</sup>	g	0.006	--	--	0.015
Valine <sup>1 2</sup>	g	0.011	--	--	0.028
Arginine <sup>1 2</sup>	g	0.063	--	--	0.160
Histidine <sup>1 2</sup>	g	0.006	--	--	0.015
Alanine <sup>1 2</sup>	g	0.018	--	--	0.046
Aspartic acid <sup>1 2</sup>	g	0.100	--	--	0.254
Glutamic acid <sup>1 2</sup>	g	0.143	--	--	0.363

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 254g
Glycine <sup>1 2</sup>	g	0.011	--	--	0.028
Proline <sup>1 2</sup>	g	0.046	--	--	0.117
Serine <sup>1 2</sup>	g	0.020	--	--	0.051
<b>Other</b>					
Alcohol, ethyl	g	0.0	--	--	0.0
Caffeine	mg	0	--	--	0
Theobromine	mg	0	--	--	0

**Sources of Data**

<sup>1</sup>Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 5i, 2001 Beltsville MD

<sup>2</sup>Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 5e, 2001 Beltsville MD